

# FURNESS MENTAL HEALTH TRUST

England & Wales · Charity number 1152986

## Details

|             |                                                         |
|-------------|---------------------------------------------------------|
| Other names | FMHT                                                    |
| Status      | Registered                                              |
| Legal form  | CIO                                                     |
| Registered  | 2013-07-22                                              |
| Register    | <a href="#">View on the Charity Commission register</a> |

## Contact

|         |                                                                                                                        |
|---------|------------------------------------------------------------------------------------------------------------------------|
| Address | St Pats Presbytery / Vickers House<br>914 Michaelson Road<br>Barrow Island<br>Barrow-In-Furness<br>Cumbria<br>LA14 2RJ |
| Phone   | 01229827870                                                                                                            |
| Email   | <a href="mailto:David.Ralph@furnessmentalhealthtrust.org.uk">David.Ralph@furnessmentalhealthtrust.org.uk</a>           |
| Website | <a href="https://furnessmentalhealthtrust.wordpress.com">https://furnessmentalhealthtrust.wordpress.com</a>            |

## Activities

**Objects:** THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE WITH MENTAL HEALTH PROBLEMS AND THEIR FAMILIES IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROMOTION OF MENTAL HEALTH SERVICES IN THE FURNESS AREA OF CUMBRIA.TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO MENTAL HEALTH PROBLEMS

**Activities:** This is a Service User and Carer Mental Health Wellbeing Renovation Project to help Service Users rebuild self confidence; self esteem and develop new skills to equip them to enable them to get back into the job market. When completed it will provide a multi-purpose venue to generate income to enable the charity to fulfil its objects and provide a drop-in, jobs, training and activities for all.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Accommodation/housing, Amateur Sport, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

- Cumbria

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | -       | -           | -      | -         |
| 2024-03-31 | -       | -           | -      | -         |
| 2023-03-31 | -       | -           | -      | -         |
| 2022-03-31 | £24,023 | £22,240     | -      | -         |
| 2021-03-31 | £39,486 | £25,635     | -      | -         |
| 2020-03-31 | £24,894 | £23,419     | -      | -         |
| 2019-03-31 | £863    | £30,216     | -      | -         |
| 2018-03-31 | £1,900  | £31,569     | -      | -         |

## Trustees

| Name                   | Role  | Appointed  |
|------------------------|-------|------------|
| DAVID RALPH            | Chair | 2013-05-17 |
| DR Keith Blackburn PhD |       | 2015-08-27 |
| GED EGAN               |       | 2013-05-17 |
| Ron Speakman           |       | 2015-08-27 |

**FURNESS MENTAL HEALTH TRUST**

England & Wales - Charity number 1152986

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# Accounts

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# Trustees' Annual Report for the period

| From | Period start date |       |      | To | Period end date |       |      |
|------|-------------------|-------|------|----|-----------------|-------|------|
|      | 01                | April | 2021 |    | 31              | March | 2022 |

## Section A Reference and administration details

|                                           |                                                                                                                             |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Charity name</b>                       | Furness Mental Health Trust                                                                                                 |
| <b>Other names charity is known by</b>    | FMHT                                                                                                                        |
| <b>Registered charity number (if any)</b> | 1152986                                                                                                                     |
| <b>Charity's principal address</b>        | St Pats Presbytery / Vickers House<br>914 Michaelson Road, Barrow Island<br>BARROW-IN-FURNESS, Cumbria<br>Postcode LA14 2RJ |

### Names of the charity trustees who manage the charity

|    | Trustee name    | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|-----------------|-----------------|-----------------------------------|---------------------------------------------------------------|
| 1  | David Ralph     | CEO / Chair     |                                   |                                                               |
| 2  | Ged Egan        |                 |                                   |                                                               |
| 3  | Ron Speakman    |                 |                                   |                                                               |
| 4  | Keith Blackburn |                 |                                   |                                                               |
| 5  |                 |                 |                                   |                                                               |
| 6  |                 |                 |                                   |                                                               |
| 7  |                 |                 |                                   |                                                               |
| 8  |                 |                 |                                   |                                                               |
| 9  |                 |                 |                                   |                                                               |
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| 11 |                 |                 |                                   |                                                               |
| 12 |                 |                 |                                   |                                                               |
| 13 |                 |                 |                                   |                                                               |
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| 15 |                 |                 |                                   |                                                               |
| 16 |                 |                 |                                   |                                                               |
| 17 |                 |                 |                                   |                                                               |
| 18 |                 |                 |                                   |                                                               |
| 19 |                 |                 |                                   |                                                               |
| 20 |                 |                 |                                   |                                                               |

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
|      |                                   |
|      |                                   |
|      |                                   |

**Names and addresses of advisers (Optional information)**

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

**Name of chief executive or names of senior staff members (Optional information)**

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## Section B Structure, governance and management

**Description of the charity's trusts**

|                                                                     |                                                                            |
|---------------------------------------------------------------------|----------------------------------------------------------------------------|
| Type of governing document<br>(eg. trust deed, constitution)        | CIO Foundation Model Constitution dated 1 April 2013, amended 17 July 2013 |
| How the charity is constituted<br>(eg. trust, association, company) | Charitable Incorporated Organisation (CIO)                                 |
| Trustee selection methods<br>(eg. appointed by, elected by)         | Appointed by the existing trustees                                         |

**Additional governance issues (Optional information)**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| • | <p>One or more Trustees have undertaken the following courses and gained pass certificates:</p> <p>Mental Health First Aid (MHFA) training.</p> <p>safeTALK Suicide alertness for everyone.</p> <p>Cumbria Police/Get Safe Online Cyber Security Proficiency Course.</p> <p>OCNW Computerised Accounts Level 2.</p> <p>European Computer Driving Licence (ECDL).</p> <p>Lancaster University Personal Skills (Volunteering in Social Care) Grade 1.</p> <p>In 1990 a small group of Mental Health Service Users setup Furness Mental Health User Group (FMHUG). Another small group later setup a further group, Furness Mental Health Group (FMHG). Later Creating Space for Carers in Furness (CSCF) was set up. Over the years these Groups had looked for a place to setup a base to work from in one of the following wards: Walney Island, Barrow Island, Central, Hindpool or Ormsgill. Then in 2012 a base became available that these and other groups could work from on Barrow Island. It was felt that the time was also right to setup a separate organisation that was a registered charity, Furness Mental Health Trust (FMHT). FMHUG, FMHG and CSCF would still retain their own identities and use facilities provided by FMHT.</p> |
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## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

1-The relief of sickness and the preservation of health among people with Mental Health problems and their families in particular but not exclusively by the promotion of Mental Health services in the Furness area of Cumbria.

2-To advance the education of the general public in all areas relating to Mental Health problems.

**Summary of the main activities undertaken for the public benefit in relation to these objects.**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p>Statutory Declaration:</p> <p>The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.</p> <p>In the 2013-2014 financial year we secured a base to work from on Barrow Island and had commenced phase 1 of the renovation of the complex.</p> <p>Phase 1 of this five year Mental Health Wellbeing Hub Renovation Project:</p> <p>This renovation project is not like a normal renovation project where you employ a contractor to undertake all of the work. FMHT is a Service User and Carer run and lead Mental Health Charity and this project is being undertaken primarily by people who have Mental Health problems and is a Wellbeing Hub Project to help them rebuild self-confidence, self-esteem and develop new skills to equip them to enable them to get back into the job market. Therefore this Wellbeing Hub Project is a long term project that relies on when Mental Health Service Users are well enough to take part and the availability of Funding Grants to purchase materials etc. and pay contractors for skills not available within the group. We have to remember that Mental Health is like a roller coaster ride, it is very up and down. We can't always progress as fast as we would like to. This is why this is a very important Wellbeing Hub Project.</p> <p>Some of the Outcomes will include:</p> <ul style="list-style-type: none"> <li>Increased self-esteem and self-confidence.</li> <li>Healthier, more active lifestyle.</li> <li>Improved life skills.</li> <li>Improved citizenship skills.</li> </ul> |
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**Additional details of objectives and activities (Optional information)**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p>The final phase of this five year Mental Health Wellbeing Hub Renovation Project:</p> <p>When completed (it was estimated late 2020, middle 2021 but due to COVID-19 we now estimate it will be late 2025) the Complex will include: Large Conference Room carpeted 19m x 11m; Large Hall with hard floor 10m x 11m; Cafe/Kitchen; Charity Shop; Meeting Rooms; Lounge; Concert Room; Gym; Games Room - Snooker, Darts, Dominos, Cards; etc; Bingo; Carpet Bowls; Table Tennis; Basketball; Office; Living Accommodation; Storage; Garden; Car Park; Fibre Optic Broadband with Wi-Fi; Computers; A/V Equipment; etc.</p> <p>There had been a lot of damage from water entering the building. The Roofer replaced a number of slates and four lead valleys that had been damaged or stolen. Two roofs also had to be completely replaced. We commissioned an electrical installation check which uncovered some serious issues. We also commissioned a gas boiler check and in the process discovered a gas leak and a number of other problems. A new gas main supply pipe was laid to the National Grid. On lifting the ground floor carpets and lino in three rooms we discovered serious woodworm in the floorboards and rotten floor beams. This resulted in us having to backfill, insulate and concrete the three floors. Two shutters were damaged by attempted break-ins and were repaired, serviced and new locks fitted. After discovering that the Club building required a Gas and Water supply and more major renovation work than was first planned, the Valuation Office Agency removed the Club building from the rating</p> |
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| <p>system and therefore still has a NNDR Rating Value of zero.</p> <p>The whole project is still behind schedule due to funding, ongoing vandalism, break-ins and thefts etc. and now COVID-19. This now means we have had to put the whole renovation project on hold.</p> <p>We have now increased one to one support, peer to peer support and food deliveries etc. Unfortunately we can't help every Service User that requests help as requests from our Food Bank are greater than our available funding.</p> <p>This financial year Volunteers have contributed in excess of 9,000 hours which it is estimated, using the UK Living Wage, has saved the Charity around £86,000.</p> <p>The Trustees do not receive payment for their time.</p> <p>The Charity has no paid staff.</p> |
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|                  |                                     |
|------------------|-------------------------------------|
| <b>Section D</b> | <b>Achievements and performance</b> |
|------------------|-------------------------------------|

**Summary of the main achievements of the charity during the year**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>The Charity has provided a number of Service Users the opportunity to Volunteer and put their skills to use or learn new skills. As a result of being involved in the project three Service Users this year have found employment.</p> <p>A number of Service Users are benefiting from the loan of computers. This helps them in the learning of digital skills and also adds to their skills to access the job market etc. We also have out on loan a small number of Mobile Wi-Fi Modems, Mobile Phones and Finger Pulse Oximeters.</p> <p>Service Users and Carers have had a significant input into the Project and helped shape its direction. Service Users and Carers also lead on what facilities we provide currently and what the complex will provide when completed.</p> <p>Service Users and Carers in 1990 had decided that the completed complex project would be called "whatever the physical location of the complex project was + Community Centre/Hub".</p> <p>The Charity has submitted a number of applications for grants this financial year; however all of these except these have been unsuccessful.<br/>The only successful ones were:<br/>£33 from Amazon Smile.<br/>£1008 from Barrow Council Addition Restrictions Grant<br/>£500 from Keswick to Barrow.</p> <p>This financial year our amount of room use/storage and car park income has increased substantially. However at the end of February this dropped to zero due to COVID-19. We have had to cancel all onsite activities:- Service User/Carer Groups and Peer to Peer Support Groups etc.</p> |
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|                  |                         |
|------------------|-------------------------|
| <b>Section E</b> | <b>Financial review</b> |
|------------------|-------------------------|

**Brief statement of the charity's policy on reserves**

The Charity has not yet set a reserves policy, but intend to work towards a 6 month of reserves once the final phase of the project is completed.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

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The Charity received six Grants this financial year:  
£33 from Amazon Smile.  
£1008 from Barrow Council Addition Restrictions Grant  
£500 from Keswick to Barrow.

The Charity this financial year received a further £10,000 Long Term Loan.

Although not listed in the accounts as restricted, the Long Term Loans are primarily for the renovation project. The total interest on our Long Term Loans in the current financial year was £4,000.

The Charity has no investments or investment policy.

Due to COVID-19 the Mental Health Wellbeing Hub Renovation Project is currently on hold. We have setup a COVID-19 Project delivering food and essential items etc and going out to Service Users and Carers giving one to one support, peer to peer support etc. This has all increased our expenditure, purchasing food, essential items and PPE equipment etc.

**Section F**

**Other optional information**

The biggest setback was the break-in in 2013 where thieves removed copper piping and brass fittings, striped the boiler and blower radiators all of which resulted in flooding the building. All this resulted in £40,000 worth of damage.

In June 2015 we suffered a break-in which resulted in damages and losses totalling £7,081 we submitted an Application for Compensation, however to date no compensation has been received. In September 2015 the Police / CPS obtained a successful prosecution against two people: 1-Martin Sorrenson, Age 34, Total Offences to Date 79, Sentence for Break-in at FMHT Premises: 36 weeks imprisonment. 2-Scott Graham, Age 27, Total Offences to Date 77, Sentence for Handling Stolen Goods the property of FMHT: 26 weeks imprisonment. The Police have yet to return the 9 function gardeners multi-tool.

In April 2016 Chris Lippett of 41 James Watt Terrace, Barrow Island, LA14 2TS agreed to do some building work. He obtained the price and availability of materials from various trade suppliers and was given £1,090 to purchase these materials. Chris Lippett never purchased the materials nor did he do the work. This matter was reported to the Police.

In July 2017 we suffered an assault and theft which resulted in losses totalling £6,000 we submitted an Application for Compensation, however to date no compensation has been received. In December 2017 the Police / CPS obtained a successful prosecution against two people: 1-Dawn Goodwin, Sentence for Theft x2 and burglary at FMHT Premises: 29 months imprisonment. 2-Paula Goodwin, Sentence for Theft x2 and burglary at FMHT: 29 months imprisonment. Taking a conveyance without authority to remain on file for both of them. The Police have yet to return the CCTV backup drive.

In August 2017 we discovered the main wooden beams supporting two roof sections were rotten and at risk of collapse. We have had quotes in excess of £60,000 for which we are trying to source funding for.

In January 2018 thieves stole one of the roof lead valleys and flashing causing £2,000 of damage. This

matter was reported to the Police.

In April 2018 floor timbers and door frame stolen.

In 2021-2022 we suffered from an increase in fly tipping of mostly fridge/freezers, wood and builders rubble.

It is sad that we still continue to be plagued with vandalism and minor break-ins. These acts of vandalism and break-ins result in damages and losses for which we never receive any compensation.

We engaged advisers, Amethyst Training and Development Ltd, to write a five year business plan. In January 2015 the process of structuring the business plan is ongoing.

### **Legal:**

Furness Mental Health Trust is a Charitable Incorporated Organisation (CIO), Charity Registration No. 1152986.

The charity has sought, and will continue to seek, advice from Cumbria Voluntary Services (CVS), Cumbria Social Enterprise Partnership, National Council for Voluntary Organisations (NCVO) and a number of other Voluntary Sector resources, guidance and sources of support.

All premises used for client contact will be reviewed for accessibility. Risk assessments will be undertaken where necessary. When premises are hired then insurances and legal implications will be explored.

Accountants: Free advice and services have been sought from various Accountants and Organisations.

Bankers: HSBC, 104 Duke Street, BARROW-IN-FURNESS, Cumbria, LA14 1LR.

### **Disclosure &**

Barring Service: One or more Trustees hold DBS Standard or DBS Enhanced Certificates.

Insurers: Zurich Insurance PLC, The Zurich Centre, 3000 Parkway, Whiteley, FAREHAM, Hampshire, PO15 7JZ. The charity has Public Liability Insurance £5,000,000, Products Liability £5,000,000, Hirers Liability £2,000,000, Professional Indemnity Insurance, and Employers Liability Insurance.

Solicitors: Chris Barron, Brown Barron Solicitors, 65 Duke Street, BARROW-IN-FURNESS, Cumbria, LA14 1RW.

### **FMHT are Members of:**

Cumbria Action for Health (AFH).

Cumbria CVS, 27 Spencer Street, CARLISLE, Cumbria CA1 1BE.

Cumbria Mental Health Provider Forum.

Hidden Disabilities, Unit 10, Coldharbour Pinnacles Estate, Lovet Road, HARLOW, CM19 5JL.

National Council for Voluntary Organisations (NCVO), Society Building, 8 All Saints Street, LONDON, N1 9RL.

National Survivor User Network (NSUN), Kemp House, 152-160 City Road, LONDON, EC1V 2NX.

National Voices, First Floor Bride House, 18-20 Bride Lane, LONDON, EC4Y 8EE.

## **Section G Declaration**

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

|                                            |                 |  |
|--------------------------------------------|-----------------|--|
| <b>Signature(s)</b>                        | <i>D Ralph</i>  |  |
| <b>Full name(s)</b>                        | David Ralph     |  |
| <b>Position (eg Secretary, Chair, etc)</b> | CEO / Chair     |  |
| <b>Date</b>                                | 31 October 2024 |  |

## Furness Mental Health Trust

Printed: 01/03/2024

|                                                                           | Unrestricted Funds | Restricted Income Funds | Endowment Funds | Total this year | Total last year |
|---------------------------------------------------------------------------|--------------------|-------------------------|-----------------|-----------------|-----------------|
| <b>Incoming Resources</b>                                                 |                    |                         |                 |                 |                 |
| Voluntary income                                                          | 1,541              | 0                       | 0               | 1,541           | 16,675          |
| Activities for generating funds                                           | 12,480             | 0                       | 0               | 12,480          | 22,800          |
| Investment income                                                         | 2                  | 0                       | 0               | 2               | 11              |
| Incoming resources from charitable activities                             | 0                  | 0                       | 0               | 0               | 0               |
| Other incoming resources                                                  | 10,000             | 0                       | 0               | 10,000          | 0               |
| <b>Total Incoming Resources</b>                                           | <b>24,023</b>      | <b>0</b>                | <b>0</b>        | <b>24,023</b>   | <b>39,486</b>   |
| <b>Resources Expended</b>                                                 |                    |                         |                 |                 |                 |
| Cost of generating voluntary income                                       | 0                  | 0                       | 0               | 0               | 0               |
| Fundraising trading costs                                                 | 692                | 0                       | 0               | 692             | 216             |
| Investment management costs                                               | 0                  | 0                       | 0               | 0               | 0               |
| Charitable activities                                                     | 17,437             | 0                       | 0               | 17,437          | 21,212          |
| Governance costs                                                          | 111                | 0                       | 0               | 111             | 206             |
| Other resources expended                                                  | 4,000              | 0                       | 0               | 4,000           | 4,000           |
| <b>Total Resources Expended</b>                                           | <b>22,240</b>      | <b>0</b>                | <b>0</b>        | <b>22,240</b>   | <b>25,635</b>   |
| <b>Net Incoming/Outgoing Resources Before Transfers</b>                   | <b>1,783</b>       | <b>0</b>                | <b>0</b>        | <b>1,783</b>    | <b>13,851</b>   |
| <b>Transfers</b>                                                          |                    |                         |                 |                 |                 |
| Gross transfers between funds                                             | 0                  | 0                       | 0               | 0               | 0               |
| <b>Net incoming resources before other recognised gains/losses</b>        | <b>1,783</b>       | <b>0</b>                | <b>0</b>        | <b>1,783</b>    | <b>13,851</b>   |
| <b>Other recognised gains/losses</b>                                      |                    |                         |                 |                 |                 |
| Gains and losses on revaluation of fixed assets for the charity's own use | 0                  | 0                       | 0               | 0               | 0               |
| Gains and losses on investment assets                                     | 0                  | 0                       | 0               | 0               | 0               |
| <b>Net Movement in Funds</b>                                              | <b>1,783</b>       | <b>0</b>                | <b>0</b>        | <b>1,783</b>    | <b>13,851</b>   |
| <b>Reconciliation of Funds</b>                                            |                    |                         |                 |                 |                 |
| <b>Total funds brought forward from previous year</b>                     | <b>346,570</b>     | <b>0</b>                | <b>0</b>        | <b>346,570</b>  |                 |
| <b>Total funds carried forward</b>                                        | <b>348,353</b>     | <b>0</b>                | <b>0</b>        | <b>348,353</b>  |                 |

## Furness Mental Health Trust

Printed: 01/03/2024

|                                                   | Unrestricted<br>Funds | Restricted<br>Income Funds | Endowment<br>Funds | Total this year | Total last year |
|---------------------------------------------------|-----------------------|----------------------------|--------------------|-----------------|-----------------|
| <b>Fixed assets</b>                               |                       |                            |                    |                 |                 |
| Tangible assets                                   | 313,478               | 0                          | 0                  | 313,478         | 310,815         |
|                                                   | 0                     | 0                          | 0                  | 0               | 0               |
| Investments                                       | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Total fixed assets</b>                         | <b>313,478</b>        | <b>0</b>                   | <b>0</b>           | <b>313,478</b>  | <b>310,815</b>  |
| <b>Current assets</b>                             |                       |                            |                    |                 |                 |
| Stock and work in progress                        | 0                     | 0                          | 0                  | 0               | 0               |
| Debtors                                           | 0                     | 0                          | 0                  | 0               | 0               |
| (Short term) investments                          | 0                     | 0                          | 0                  | 0               | 0               |
| Cash at bank and in hand                          | 34,875                | 0                          | 0                  | 34,875          | 35,755          |
| <b>Total current assets</b>                       | <b>34,875</b>         | <b>0</b>                   | <b>0</b>           | <b>34,875</b>   | <b>35,755</b>   |
| Creditors: amounts falling due<br>within one year | 0                     | 0                          | 0                  | 0               | 0               |
| Net current assets/(liabilities)                  | 34,875                | 0                          | 0                  | 34,875          | 35,755          |
| <b>Total assets less current<br/>liabilities</b>  | <b>348,353</b>        | <b>0</b>                   | <b>0</b>           | <b>348,353</b>  | <b>346,570</b>  |
| Creditors: amounts falling due<br>after one year  | 0                     | 0                          | 0                  | 0               | 0               |
| Provisions for liabilities and<br>charges         | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Net assets</b>                                 | <b>348,353</b>        | <b>0</b>                   | <b>0</b>           | <b>348,353</b>  | <b>346,570</b>  |
| <b>Funds of the charity</b>                       |                       |                            |                    |                 |                 |
| General fund                                      | 348,353               | 0                          | 0                  | 348,353         | 346,570         |
| Designated funds                                  | 0                     | 0                          | 0                  | 0               | 0               |
| Restricted income funds                           | 0                     | 0                          | 0                  | 0               | 0               |
| Endowment funds                                   | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Total funds</b>                                | <b>348,353</b>        | <b>0</b>                   | <b>0</b>           | <b>348,353</b>  | <b>346,570</b>  |

Signed by one or two trustees on  
behalf of all the trustees

Signature

Print name

Date of approval

D Ralph

DAVID RALPH

31/10/2024

Furness Mental Health Trust

Printed: 01/03/2024

March 2022

|                                           | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|-------------------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| S01 Voluntary income                      |                     |                   |                  |                   |                  |
| Donations received                        | 33                  | 0                 | 0                | 33                | 32               |
| Gift aid tax claimed                      | 0                   | 0                 | 0                | 0                 | 0                |
| Grants received                           | 1508                | 0                 | 0                | 1508              | 16642            |
| Bequests & Legacies                       | 0                   | 0                 | 0                | 0                 | 0                |
| Subscriptions received                    | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 1541                | 0                 | 0                | 1541              | 16674            |
| S02 Activities for generating funds       |                     |                   |                  |                   |                  |
| Fundraising income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Sponsorship income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Shop income                               | 0                   | 0                 | 0                | 0                 | 0                |
| Cafe Income                               | 0                   | 0                 | 0                | 0                 | 0                |
| Letting/hire income                       | 12480               | 0                 | 0                | 12480             | 22800            |
| Recycling Income                          | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 12480               | 0                 | 0                | 12480             | 22800            |
| S03 Investment income                     |                     |                   |                  |                   |                  |
| Dividends received                        | 0                   | 0                 | 0                | 0                 | 0                |
| Interest received                         | 0                   | 0                 | 0                | 0                 | 0                |
| Bank Interest Received                    | 2                   | 0                 | 0                | 2                 | 11               |
| Rental income                             | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 2                   | 0                 | 0                | 2                 | 11               |
| S04 Incoming resources from charitable ac |                     |                   |                  |                   |                  |
| Sales                                     | 0                   | 0                 | 0                | 0                 | 0                |
| Fees received                             | 0                   | 0                 | 0                | 0                 | 0                |
| Contractual income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Sales discounts given                     | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 0                   | 0                 | 0                | 0                 | 0                |
| S05 Other incoming resources              |                     |                   |                  |                   |                  |
| Loans received                            | 10000               | 0                 | 0                | 10000             | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 10000               | 0                 | 0                | 10000             | 0                |
| S07 Cost of generating voluntary income   |                     |                   |                  |                   |                  |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 0                   | 0                 | 0                | 0                 | 0                |
| S08 Fundraising trading costs             |                     |                   |                  |                   |                  |

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|                                 | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|---------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Fundraising costs               | 216                 | 0                 | 0                | 216               | 216              |
| Goods for resale                | 476                 | 0                 | 0                | 476               | 0                |
| Cafe Costs                      | 0                   | 0                 | 0                | 0                 | 0                |
| Fees for services               | 0                   | 0                 | 0                | 0                 | 0                |
|                                 | -----               | -----             | -----            | -----             | -----            |
|                                 | 692                 | 0                 | 0                | 692               | 216              |
| S09 Investment management costs |                     |                   |                  |                   |                  |
| Investment management fees      | 0                   | 0                 | 0                | 0                 | 0                |
|                                 | -----               | -----             | -----            | -----             | -----            |
|                                 | 0                   | 0                 | 0                | 0                 | 0                |
| S10 Charitable activities       |                     |                   |                  |                   |                  |
| Gifts/Grants to Individuals     | 5694                | 0                 | 0                | 5694              | 14688            |
| Gifts/Grants to Groups          | 50                  | 0                 | 0                | 50                | 0                |
| Salaries & Wages                | 0                   | 0                 | 0                | 0                 | 0                |
| PAYE/Employer NI                | 0                   | 0                 | 0                | 0                 | 0                |
| Pension contributions           | 0                   | 0                 | 0                | 0                 | 0                |
| Staff training costs            | 0                   | 0                 | 0                | 0                 | 0                |
| Vehicle costs                   | 0                   | 0                 | 0                | 0                 | 0                |
| Travel expenses                 | 0                   | 0                 | 0                | 0                 | 2                |
| Subsistence costs               | 0                   | 0                 | 0                | 0                 | 0                |
| Volunteer expenses              | 885                 | 0                 | 0                | 885               | 1570             |
| Volunteer involvement payments  | 0                   | 0                 | 0                | 0                 | 0                |
| SU&C Groups costs               | 0                   | 0                 | 0                | 0                 | 0                |
| Memberships & Subscriptions     | 178                 | 0                 | 0                | 178               | 114              |
| Information Searches            | 78                  | 0                 | 0                | 78                | 24               |
| Web Filing                      | 13                  | 0                 | 0                | 13                | 13               |
| Removals                        | 0                   | 0                 | 0                | 0                 | 0                |
| Electric                        | 1974                | 0                 | 0                | 1974              | 1757             |
| Gas                             | 1614                | 0                 | 0                | 1614              | 1266             |
| Water                           | 234                 | 0                 | 0                | 234               | 160              |
| Rent                            | 0                   | 0                 | 0                | 0                 | 0                |
| Rates - Council Tax             | 3585                | 0                 | 0                | 3585              | 0                |
| Rates - NNDR                    | 0                   | 0                 | 0                | 0                 | 0                |
| Insurances                      | 0                   | 0                 | 0                | 0                 | 195              |
| Caretaking                      | 0                   | 0                 | 0                | 0                 | 0                |
| Building Repairs & Maintenance  | 127                 | 0                 | 0                | 127               | 162              |
| Housekeeping - Buildings        | 50                  | 0                 | 0                | 50                | 97               |
| Housekeeping - Grounds          | 85                  | 0                 | 0                | 85                | 29               |
| Waste Disposal                  | 147                 | 0                 | 0                | 147               | 735              |
| Phone - Land Line & Broadband   | 2152                | 0                 | 0                | 2152              | 2068             |
| Mobile Phones                   | 511                 | 0                 | 0                | 511               | 660              |
| Postage                         | 21                  | 0                 | 0                | 21                | 2                |
| Stationery                      | 10                  | 0                 | 0                | 10                | 89               |
| Printing/Photocopying purchase  | 0                   | 0                 | 0                | 0                 | 0                |
| Photos                          | 0                   | 0                 | 0                | 0                 | 3                |
| Printer Paper/Labels            | 0                   | 0                 | 0                | 0                 | 165              |

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|                               | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|-------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Printer Consumables           | 81                  | 0                 | 0                | 81                | 106              |
| Newspapers                    | 0                   | 0                 | 0                | 0                 | 0                |
| Magazines & Catalogues        | 297                 | 0                 | 0                | 297               | 15               |
| Website                       | 430                 | 0                 | 0                | 430               | 420              |
| Publicity costs               | 0                   | 0                 | 0                | 0                 | 0                |
| IT costs                      | 0                   | 0                 | 0                | 0                 | 53               |
| Equipment purchases           | 0                   | 0                 | 0                | 0                 | 8                |
| Equipment Repairs & Maintenan | 125                 | 0                 | 0                | 125               | 26               |
| Software                      | 1141                | 0                 | 0                | 1141              | 624              |
| Sundries                      | 3                   | 0                 | 0                | 3                 | 134              |
| Purchase discounts taken      | -2046               | 0                 | 0                | -2046             | -3973            |
|                               | -----               | -----             | -----            | -----             | -----            |
|                               | 17439               | 0                 | 0                | 17439             | 21212            |

## S11 Governance costs

|                           |       |       |       |       |       |
|---------------------------|-------|-------|-------|-------|-------|
| Audit & accountancy costs | 0     | 0     | 0     | 0     | 0     |
| Trustees meeting expenses | 0     | 0     | 0     | 0     | 0     |
| Trustees M/ships & Subs   | 96    | 0     | 0     | 96    | 206   |
| Bank charges              | 15    | 0     | 0     | 15    | 0     |
| Interest paid             | 0     | 0     | 0     | 0     | 0     |
| Professional Fees         | 0     | 0     | 0     | 0     | 0     |
| Other Fees                | 0     | 0     | 0     | 0     | 0     |
| Legal Fees                | 0     | 0     | 0     | 0     | 0     |
|                           | ----- | ----- | ----- | ----- | ----- |
|                           | 111   | 0     | 0     | 111   | 206   |

## S12 Other resources expended

|                               |       |       |       |       |       |
|-------------------------------|-------|-------|-------|-------|-------|
| Loan repayment                | 0     | 0     | 0     | 0     | 0     |
| Loan interest                 | 4000  | 0     | 0     | 4000  | 4000  |
| Depreciation buildings        | 0     | 0     | 0     | 0     | 0     |
| Depreciation office equipment | 0     | 0     | 0     | 0     | 0     |
| Depreciation vehicles         | 0     | 0     | 0     | 0     | 0     |
|                               | ----- | ----- | ----- | ----- | ----- |
|                               | 4000  | 0     | 0     | 4000  | 4000  |

## S15 Gross transfers between funds

|                         |       |       |       |       |       |
|-------------------------|-------|-------|-------|-------|-------|
| Transfers between funds | 0     | 0     | 0     | 0     | 0     |
|                         | ----- | ----- | ----- | ----- | ----- |
|                         | 0     | 0     | 0     | 0     | 0     |

## S17 Gains and losses on revaluation

|                          |       |       |       |       |       |
|--------------------------|-------|-------|-------|-------|-------|
| Gain/loss on investments | 0     | 0     | 0     | 0     | 0     |
|                          | ----- | ----- | ----- | ----- | ----- |
|                          | 0     | 0     | 0     | 0     | 0     |

## S18 Gains and losses on investment assets

| March 2022                     |                     |                   |                  |                   |                  |
|--------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
|                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
| Gain/loss on asset revaluation | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |

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|                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|--------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| B01 Tangible assets            |                     |                   |                  |                   |                  |
| Buildings                      | 275000              | 0                 | 0                | 275000            | 275000           |
| Depreciation buildings         | 0                   | 0                 | 0                | 0                 | 0                |
| Fixed Equipment                | 599                 | 0                 | 0                | 599               | 599              |
| Depreciation Fixed Equipment   | 0                   | 0                 | 0                | 0                 | 0                |
| Office equipment               | 865                 | 0                 | 0                | 865               | 865              |
| Depreciation office equipment  | 0                   | 0                 | 0                | 0                 | 0                |
| Storage Equipment              | 5974                | 0                 | 0                | 5974              | 5555             |
| Depreciation Storage Equipment | 0                   | 0                 | 0                | 0                 | 0                |
| ICT Equipment                  | 4311                | 0                 | 0                | 4311              | 4301             |
| Depreciation ICT Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
| Audio Visual Equipment         | 4202                | 0                 | 0                | 4202              | 4144             |
| Dep Audio Visual Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
| Security Equipment             | 2287                | 0                 | 0                | 2287              | 2287             |
| Dep Security Equipment         | 0                   | 0                 | 0                | 0                 | 0                |
| CD, DVD, Cassette & Vinyl      | 484                 | 0                 | 0                | 484               | 468              |
| Dep CD, DVD, Cassette & Vinyl  | 0                   | 0                 | 0                | 0                 | 0                |
| Vehicles                       | 0                   | 0                 | 0                | 0                 | 0                |
| Depreciation vehicles          | 0                   | 0                 | 0                | 0                 | 0                |
| Books & Manuals                | 767                 | 0                 | 0                | 767               | 741              |
| Depreciation Books & Manuals   | 0                   | 0                 | 0                | 0                 | 0                |
| General Equipment              | 7707                | 0                 | 0                | 7707              | 7155             |
| Depreciation General Equipment | 0                   | 0                 | 0                | 0                 | 0                |
| Workshop Tools                 | 7223                | 0                 | 0                | 7223              | 6639             |
| Depreciation Workshop Tools    | 0                   | 0                 | 0                | 0                 | 0                |
| Kitchen & Cafe Equipment       | 2654                | 0                 | 0                | 2654              | 1677             |
| Dep Kitchen & Cafe Equipment   | 0                   | 0                 | 0                | 0                 | 0                |
| Gym Equipment                  | 1405                | 0                 | 0                | 1405              | 1385             |
| Depreciation Gym Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 313478              | 0                 | 0                | 313478            | 310816           |
| B02                            |                     |                   |                  |                   |                  |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B03 Investments                |                     |                   |                  |                   |                  |
| Investments                    | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B05 Stock and work in progress |                     |                   |                  |                   |                  |
| Stock in hand                  | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B06 Debtors                    |                     |                   |                  |                   |                  |

## Furness Mental Health Trust

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|                                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|------------------------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Prepayments                                    | 0                   | 0                 | 0                | 0                 | 0                |
| Recoverable Gift Aid                           | 0                   | 0                 | 0                | 0                 | 0                |
| Debtors control a/c                            | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B07 (Short term) investments               |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B08 Cash at bank and in hand               |                     |                   |                  |                   |                  |
| Bank current account                           | 10129               | 0                 | 0                | 10129             | 13832            |
| Deposit account                                | 21661               | 0                 | 0                | 21661             | 21658            |
| Petty cash                                     | 3086                | 0                 | 0                | 3086              | 264              |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 34876               | 0                 | 0                | 34876             | 35754            |
| <br>B10 Creditors (due within one year)        |                     |                   |                  |                   |                  |
| Creditors                                      | 0                   | 0                 | 0                | 0                 | 0                |
| Accrued expenses                               | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B13 Creditors (due after one year)         |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B14 Provisions for liabilities and charges |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B16 General fund                           |                     |                   |                  |                   |                  |
| Retained surplus                               | 348353              | 0                 | 0                | 348353            | 346570           |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 348353              | 0                 | 0                | 348353            | 346570           |
| <br>B17 Unrestricted funds                     |                     |                   |                  |                   |                  |
| Retained surplus                               | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B18 Restricted income funds                |                     |                   |                  |                   |                  |

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March 2022

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|                     | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|---------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Retained surplus    | 0                   | 0                 | 0                | 0                 | 0                |
|                     | -----               | -----             | -----            | -----             | -----            |
|                     | 0                   | 0                 | 0                | 0                 | 0                |
| B19 Endowment funds |                     |                   |                  |                   |                  |
| Retained surplus    | 0                   | 0                 | 0                | 0                 | 0                |
|                     | -----               | -----             | -----            | -----             | -----            |
|                     | 0                   | 0                 | 0                | 0                 | 0                |

**FURNESS MENTAL HEALTH TRUST**

England & Wales - Charity number 1152986

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# Accounts

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# Trustees' Annual Report for the period

| From | Period start date |       |      | To | Period end date |       |      |
|------|-------------------|-------|------|----|-----------------|-------|------|
|      | 01                | April | 2020 |    | 31              | March | 2021 |

## Section A Reference and administration details

|                                           |                                                                                                                                    |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>Charity name</b>                       | Furness Mental Health Trust                                                                                                        |
| <b>Other names charity is known by</b>    | FMHT                                                                                                                               |
| <b>Registered charity number (if any)</b> | 1152986                                                                                                                            |
| <b>Charity's principal address</b>        | St Pats Presbytery / Vickers House<br>914 Michaelson Road, Barrow Island<br>BARROW-IN-FURNESS, Cumbria<br><b>Postcode LA14 2RJ</b> |

### Names of the charity trustees who manage the charity

|    | Trustee name    | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|-----------------|-----------------|-----------------------------------|---------------------------------------------------------------|
| 1  | David Ralph     | CEO / Chair     |                                   |                                                               |
| 2  | Ged Egan        |                 |                                   |                                                               |
| 3  | Ron Speakman    |                 |                                   |                                                               |
| 4  | Keith Blackburn |                 |                                   |                                                               |
| 5  |                 |                 |                                   |                                                               |
| 6  |                 |                 |                                   |                                                               |
| 7  |                 |                 |                                   |                                                               |
| 8  |                 |                 |                                   |                                                               |
| 9  |                 |                 |                                   |                                                               |
| 10 |                 |                 |                                   |                                                               |
| 11 |                 |                 |                                   |                                                               |
| 12 |                 |                 |                                   |                                                               |
| 13 |                 |                 |                                   |                                                               |
| 14 |                 |                 |                                   |                                                               |
| 15 |                 |                 |                                   |                                                               |
| 16 |                 |                 |                                   |                                                               |
| 17 |                 |                 |                                   |                                                               |
| 18 |                 |                 |                                   |                                                               |
| 19 |                 |                 |                                   |                                                               |
| 20 |                 |                 |                                   |                                                               |

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
|      |                                   |
|      |                                   |
|      |                                   |

**Names and addresses of advisers (Optional information)**

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

**Name of chief executive or names of senior staff members (Optional information)**

|  |
|--|
|  |
|--|

## Section B Structure, governance and management

**Description of the charity's trusts**

|                                                                     |                                                                            |
|---------------------------------------------------------------------|----------------------------------------------------------------------------|
| Type of governing document<br>(eg. trust deed, constitution)        | CIO Foundation Model Constitution dated 1 April 2013, amended 17 July 2013 |
| How the charity is constituted<br>(eg. trust, association, company) | Charitable Incorporated Organisation (CIO)                                 |
| Trustee selection methods<br>(eg. appointed by, elected by)         | Appointed by the existing trustees                                         |

**Additional governance issues (Optional information)**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| • | <p>One or more Trustees have undertaken the following courses and gained pass certificates:</p> <p>Mental Health First Aid (MHFA) training.</p> <p>safeTALK Suicide alertness for everyone.</p> <p>Cumbria Police/Get Safe Online Cyber Security Proficiency Course.</p> <p>OCNW Computerised Accounts Level 2.</p> <p>European Computer Driving Licence (ECDL).</p> <p>Lancaster University Personal Skills (Volunteering in Social Care) Grade 1.</p> <p>In 1990 a small group of Mental Health Service Users setup Furness Mental Health User Group (FMHUG). Another small group later setup a further group, Furness Mental Health Group (FMHG). Later Creating Space for Carers in Furness (CSCF) was set up. Over the years these Groups had looked for a place to setup a base to work from in one of the following wards: Walney Island, Barrow Island, Central, Hindpool or Ormsgill. Then in 2012 a base became available that these and other groups could work from on Barrow Island. It was felt that the time was also right to setup a separate organisation that was a registered charity, Furness Mental Health Trust (FMHT). FMHUG, FMHG and CSCF would still retain their own identities and use facilities provided by FMHT.</p> |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

1-The relief of sickness and the preservation of health among people with Mental Health problems and their families in particular but not exclusively by the promotion of Mental Health services in the Furness area of Cumbria.

2-To advance the education of the general public in all areas relating to Mental Health problems.

**Summary of the main activities undertaken for the public benefit in relation to these objects.**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Statutory Declaration:</p> <p>The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.</p> <p>In the 2013-2014 financial year we secured a base to work from on Barrow Island and had commenced phase 1 of the renovation of the complex.</p> <p>Phase 1 of this five year Mental Health Wellbeing Hub Renovation Project:</p> <p>This renovation project is not like a normal renovation project where you employ a contractor to undertake all of the work. FMHT is a Service User and Carer run and lead Mental Health Charity and this project is being undertaken primarily by people who have Mental Health problems and is a Wellbeing Hub Project to help them rebuild self-confidence, self-esteem and develop new skills to equip them to enable them to get back into the job market. Therefore this Wellbeing Hub Project is a long term project that relies on when Mental Health Service Users are well enough to take part and the availability of Funding Grants to purchase materials etc. and pay contractors for skills not available within the group. We have to remember that Mental Health is like a roller coaster ride, it is very up and down. We can't always progress as fast as we would like to. This is why this is a very important Wellbeing Hub Project.</p> <p>Some of the Outcomes will include:</p> <ul style="list-style-type: none"> <li>Increased self-esteem and self-confidence.</li> <li>Healthier, more active lifestyle.</li> <li>Improved life skills.</li> <li>Improved citizenship skills.</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Additional details of objectives and activities (Optional information)**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>The final phase of this five year Mental Health Wellbeing Hub Renovation Project:</p> <p>When completed (it was estimated late 2020, middle 2021 but due to COVID-19 we now estimate it will be early 2024) the Complex will include: Large Conference Room carpeted 19m x 11m; Large Hall with hard floor 10m x 11m; Cafe/Kitchen; Charity Shop; Meeting Rooms; Lounge; Concert Room; Gym; Games Room - Snooker, Darts, Dominos, Cards; etc; Bingo; Carpet Bowls; Table Tennis; Basketball; Office; Living Accommodation; Storage; Garden; Car Park; Fibre Optic Broadband with Wi-Fi; Computers; A/V Equipment; etc.</p> <p>There had been a lot of damage from water entering the building. The Roofer replaced a number of slates and four lead valleys that had been damaged or stolen. Two roofs also had to be completely replaced. We commissioned an electrical installation check which uncovered some serious issues. We also commissioned a gas boiler check and in the process discovered a gas leak and a number of other problems. A new gas main supply pipe was laid to the National Grid. On lifting the ground floor carpets and lino in three rooms we discovered serious woodworm in the floorboards and rotten floor beams. This resulted in us having to backfill, insulate and concrete the three floors. Two shutters were damaged by attempted break-ins and were repaired, serviced and new locks fitted. After discovering that the Club building required a Gas and Water supply and more major renovation work than was first planned, the Valuation Office Agency removed the Club building from the rating</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

system and therefore still has a NNDR Rating Value of zero.

The whole project is still behind schedule due to funding, ongoing vandalism, break-ins and thefts etc. and now COVID-19. This now means we have had to put the whole renovation project on hold.

We have now increased one to one support, peer to peer support and food deliveries etc.

This financial year Volunteers have contributed in excess of 10,300 hours which it is estimated, using the UK Living Wage, has saved the Charity around £95,000.

The Trustees do not receive payment for their time.

The Charity has no paid staff.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

The Charity has provided a number of Service Users the opportunity to Volunteer and put their skills to use or learn new skills. As a result of being involved in the project five Service Users this year have found employment.

A number of Service Users are benefiting from the loan of computers. This helps them in the learning of digital skills and also adds to their skills to access the job market etc. We also have out on loan a small number of Mobile Wi-Fi Modems, Mobile Phones and Finger Pulse Oximeters.

Service Users and Carers have had a significant input into the Project and helped shape its direction. Service Users and Carers also lead on what facilities we provide currently and what the complex will provide when completed.

Service Users and Carers in 1990 had decided that the completed complex project would be called “whatever the physical location of the complex project was + Community Centre/Hub”.

The Charity has submitted a number of applications for grants this financial year; however all of these except these have been unsuccessful.

The only successful ones were:

£22 from Amazon Smile.

£5669 from Barrow Council LRSG

£10 from Just Giving.

£9959 from NLCF COVID-19

£14 from PayPal Giving Fund.

£1000 from Tesco Groundwork

This financial year our amount of room use/storage and car park income has increased substantially. However at the end of February this dropped to zero due to COVID-19. We have had to cancel all onsite activities:- Service User/Carer Groups and Peer to Peer Support Groups etc.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The Charity has not yet set a reserves policy, but intend to work towards a 6 month of reserves once the final phase of the project is completed.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

•

The Charity received ten Grants this financial year:  
£22 from Amazon Smile.  
£5669 from Barrow Council LRSG  
£10 from Just Giving.  
£9959 from NLCF COVID-19  
£14 from PayPal Giving Fund.  
£1000 from Tesco Groundwork

The Charity this financial year received no further Long Term Loans. Although not listed in the accounts as restricted, the Long Term Loans are primarily for the renovation project. The total interest on our Long Term Loans in the current financial year was £4,000.

The Charity has no investments or investment policy.

Due to COVID-19 the Mental Health Wellbeing Hub Renovation Project is currently on hold. We have setup a COVID-19 Project delivering food and essential items etc and going out to Service Users and Carers giving one to one support, peer to peer support etc. This has all increased our expenditure, purchasing food, essential items and PPE equipment etc.

If the COVID-19 lockdown continues for any length of time without room hire income and further grants we estimate that the unrestricted funds will run out in the very near future.

**Section F**

**Other optional information**

The biggest setback was the break-in in 2013 where thieves removed copper piping and brass fittings, striped the boiler and blower radiators all of which resulted in flooding the building. All this resulted in £40,000 worth of damage.

In June 2015 we suffered a break-in which resulted in damages and losses totalling £7,081 we submitted an Application for Compensation, however to date no compensation has been received. In September 2015 the Police / CPS obtained a successful prosecution against two people: 1-Martin Sorrenson, Age 34, Total Offences to Date 79, Sentence for Break-in at FMHT Premises: 36 weeks imprisonment. 2-Scott Graham, Age 27, Total Offences to Date 77, Sentence for Handling Stolen Goods the property of FMHT: 26 weeks imprisonment. The Police have yet to return the 9 function gardeners multi-tool.

In April 2016 Chris Lippett of 41 James Watt Terrace, Barrow Island, LA14 2TS agreed to do some building work. He obtained the price and availability of materials from various trade suppliers and was given £1,090 to purchase these materials. Chris Lippett never purchased the materials nor did he do the work. This matter was reported to the Police.

In July 2017 we suffered an assault and theft which resulted in losses totalling £6,000 we submitted an Application for Compensation, however to date no compensation has been received. In December 2017 the Police / CPS obtained a successful prosecution against two people: 1-Dawn Goodwin, Sentence for Theft x2 and burglary at FMHT Premises: 29 months imprisonment. 2-Paula Goodwin, Sentence for Theft x2 and burglary at FMHT: 29 months imprisonment. Taking a conveyance without authority to remain on file for both of them. The Police have yet to return the CCTV backup drive.

In August 2017 we discovered the main wooden beams supporting two roof sections were rotten and at risk of collapse. We have had quotes in excess of £60,000 for which we are trying to source funding for.

In January 2018 thieves stole one of the roof lead valleys and flashing causing £2,000 of damage. This matter was reported to the Police.

In April 2018 floor timbers and door frame stolen.

It is sad that we still continue to be plagued with vandalism and minor break-ins. These acts of vandalism and break-ins result in damages and losses for which we never receive any compensation.

We engaged advisers, Amethyst Training and Development Ltd, to write a five year business plan. In January 2015 the process of structuring the business plan is ongoing.

### **Legal:**

Furness Mental Health Trust is a Charitable Incorporated Organisation (CIO), Charity Registration No. 1152986.

The charity has sought, and will continue to seek, advice from Cumbria Voluntary Services (CVS), Cumbria Social Enterprise Partnership, National Council for Voluntary Organisations (NCVO) and a number of other Voluntary Sector resources, guidance and sources of support.

All premises used for client contact will be reviewed for accessibility. Risk assessments will be undertaken where necessary. When premises are hired then insurances and legal implications will be explored.

Accountants: Free advice and services have been sought from various Accountants and Organisations.

Bankers: HSBC, 104 Duke Street, BARROW-IN-FURNESS, Cumbria, LA14 1LR.

### **Disclosure &**

Barring Service: One or more Trustees hold DBS Standard or DBS Enhanced Certificates.

Insurers: Zurich Insurance PLC, The Zurich Centre, 3000 Parkway, Whiteley, FAREHAM, Hampshire, PO15 7JZ. The charity has Public Liability Insurance £5,000,000, Products Liability £5,000,000, Hirers Liability £2,000,000, Professional Indemnity Insurance, and Employers Liability Insurance.

Solicitors: Chris Barron, Brown Barron Solicitors, 65 Duke Street, BARROW-IN-FURNESS, Cumbria, LA14 1RW.

### **FMHT are Members of:**

Cumbria Action for Health (AFH).

Cumbria CVS, 27 Spencer Street, CARLISLE, Cumbria CA1 1BE.

Cumbria Mental Health Provider Forum.

Hidden Disabilities, Unit 10, Coldharbour Pinnacles Estate, Lovet Road, HARLOW, CM19 5JL.

National Council for Voluntary Organisations (NCVO), Society Building, 8 All Saints Street, LONDON, N1 9RL.

National Survivor User Network (NSUN), Kemp House, 152-160 City Road, LONDON, EC1V 2NX.

National Voices, First Floor Bride House, 18-20 Bride Lane, LONDON, EC4Y 8EE.

## **Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

|                                     |                |  |
|-------------------------------------|----------------|--|
| Signature(s)                        | <i>D Ralph</i> |  |
| Full name(s)                        | David Ralph    |  |
| Position (eg Secretary, Chair, etc) | CEO / Chair    |  |
| Date                                | 19 March 2023  |  |

## Furness Mental Health Trust

Printed: 19/03/2023

|                                                                           | Unrestricted Funds | Restricted Income Funds | Endowment Funds | Total this year | Total last year |
|---------------------------------------------------------------------------|--------------------|-------------------------|-----------------|-----------------|-----------------|
| <b>Incoming Resources</b>                                                 |                    |                         |                 |                 |                 |
| Voluntary income                                                          | 16,675             | 0                       | 0               | 16,675          | 965             |
| Activities for generating funds                                           | 22,800             | 0                       | 0               | 22,800          | 23,883          |
| Investment income                                                         | 11                 | 0                       | 0               | 11              | 46              |
| Incoming resources from charitable activities                             | 0                  | 0                       | 0               | 0               | 0               |
| Other incoming resources                                                  | 0                  | 0                       | 0               | 0               | 0               |
| <b>Total Incoming Resources</b>                                           | <b>39,486</b>      | <b>0</b>                | <b>0</b>        | <b>39,486</b>   | <b>24,894</b>   |
| <b>Resources Expended</b>                                                 |                    |                         |                 |                 |                 |
| Cost of generating voluntary income                                       | 0                  | 0                       | 0               | 0               | 0               |
| Fundraising trading costs                                                 | 216                | 0                       | 0               | 216             | 1,519           |
| Investment management costs                                               | 0                  | 0                       | 0               | 0               | 0               |
| Charitable activities                                                     | 21,212             | 0                       | 0               | 21,212          | 17,675          |
| Governance costs                                                          | 206                | 0                       | 0               | 206             | 225             |
| Other resources expended                                                  | 4,000              | 0                       | 0               | 4,000           | 4,000           |
| <b>Total Resources Expended</b>                                           | <b>25,635</b>      | <b>0</b>                | <b>0</b>        | <b>25,635</b>   | <b>23,419</b>   |
| <b>Net Incoming/Outgoing Resources Before Transfers</b>                   | <b>13,851</b>      | <b>0</b>                | <b>0</b>        | <b>13,851</b>   | <b>1,475</b>    |
| <b>Transfers</b>                                                          |                    |                         |                 |                 |                 |
| Gross transfers between funds                                             | 0                  | 0                       | 0               | 0               | 0               |
| <b>Net incoming resources before other recognised gains/losses</b>        | <b>13,851</b>      | <b>0</b>                | <b>0</b>        | <b>13,851</b>   | <b>1,475</b>    |
| <b>Other recognised gains/losses</b>                                      |                    |                         |                 |                 |                 |
| Gains and losses on revaluation of fixed assets for the charity's own use | 0                  | 0                       | 0               | 0               | 0               |
| Gains and losses on investment assets                                     | 0                  | 0                       | 0               | 0               | 0               |
| <b>Net Movement in Funds</b>                                              | <b>13,851</b>      | <b>0</b>                | <b>0</b>        | <b>13,851</b>   | <b>1,475</b>    |
| <b>Reconciliation of Funds</b>                                            |                    |                         |                 |                 |                 |
| <b>Total funds brought forward from previous year</b>                     | <b>332,719</b>     | <b>0</b>                | <b>0</b>        | <b>332,719</b>  |                 |
| <b>Total funds carried forward</b>                                        | <b>346,570</b>     | <b>0</b>                | <b>0</b>        | <b>346,570</b>  |                 |

## Furness Mental Health Trust

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|                                                   | Unrestricted<br>Funds | Restricted<br>Income Funds | Endowment<br>Funds | Total this year | Total last year |
|---------------------------------------------------|-----------------------|----------------------------|--------------------|-----------------|-----------------|
| <b>Fixed assets</b>                               |                       |                            |                    |                 |                 |
| Tangible assets                                   | 310,815               | 0                          | 0                  | 310,815         | 307,392         |
|                                                   | 0                     | 0                          | 0                  | 0               | 0               |
| Investments                                       | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Total fixed assets</b>                         | <b>310,815</b>        | <b>0</b>                   | <b>0</b>           | <b>310,815</b>  | <b>307,392</b>  |
| <b>Current assets</b>                             |                       |                            |                    |                 |                 |
| Stock and work in progress                        | 0                     | 0                          | 0                  | 0               | 0               |
| Debtors                                           | 0                     | 0                          | 0                  | 0               | 0               |
| (Short term) investments                          | 0                     | 0                          | 0                  | 0               | 0               |
| Cash at bank and in hand                          | 35,755                | 0                          | 0                  | 35,755          | 25,327          |
| <b>Total current assets</b>                       | <b>35,755</b>         | <b>0</b>                   | <b>0</b>           | <b>35,755</b>   | <b>25,327</b>   |
| Creditors: amounts falling due<br>within one year | 0                     | 0                          | 0                  | 0               | 0               |
| Net current assets/(liabilities)                  | 35,755                | 0                          | 0                  | 35,755          | 25,327          |
| <b>Total assets less current<br/>liabilities</b>  | <b>346,570</b>        | <b>0</b>                   | <b>0</b>           | <b>346,570</b>  | <b>332,719</b>  |
| Creditors: amounts falling due<br>after one year  | 0                     | 0                          | 0                  | 0               | 0               |
| Provisions for liabilities and<br>charges         | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Net assets</b>                                 | <b>346,570</b>        | <b>0</b>                   | <b>0</b>           | <b>346,570</b>  | <b>332,719</b>  |
| <b>Funds of the charity</b>                       |                       |                            |                    |                 |                 |
| General fund                                      | 346,570               | 0                          | 0                  | 346,570         | 332,719         |
| Designated funds                                  | 0                     | 0                          | 0                  | 0               | 0               |
| Restricted income funds                           | 0                     | 0                          | 0                  | 0               | 0               |
| Endowment funds                                   | 0                     | 0                          | 0                  | 0               | 0               |
| <b>Total funds</b>                                | <b>346,570</b>        | <b>0</b>                   | <b>0</b>           | <b>346,570</b>  | <b>332,719</b>  |

Signed by one or two trustees on  
behalf of all the trustees

Signature

Print name

Date of approval

D Ralph

DAVID RALPH

19/3/2023

## Furness Mental Health Trust

Printed: 19/03/2023

March 2021

|                                           | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|-------------------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| S01 Voluntary income                      |                     |                   |                  |                   |                  |
| Donations received                        | 32                  | 0                 | 0                | 32                | 0                |
| Gift aid tax claimed                      | 0                   | 0                 | 0                | 0                 | 0                |
| Grants received                           | 16642               | 0                 | 0                | 16642             | 965              |
| Bequests & Legacies                       | 0                   | 0                 | 0                | 0                 | 0                |
| Subscriptions received                    | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 16674               | 0                 | 0                | 16674             | 965              |
| S02 Activities for generating funds       |                     |                   |                  |                   |                  |
| Fundraising income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Sponsorship income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Shop income                               | 0                   | 0                 | 0                | 0                 | 250              |
| Cafe Income                               | 0                   | 0                 | 0                | 0                 | 0                |
| Letting/hire income                       | 22800               | 0                 | 0                | 22800             | 23458            |
| Recycling Income                          | 0                   | 0                 | 0                | 0                 | 175              |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 22800               | 0                 | 0                | 22800             | 23883            |
| S03 Investment income                     |                     |                   |                  |                   |                  |
| Dividends received                        | 0                   | 0                 | 0                | 0                 | 0                |
| Interest received                         | 0                   | 0                 | 0                | 0                 | 0                |
| Bank Interest Received                    | 11                  | 0                 | 0                | 11                | 46               |
| Rental income                             | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 11                  | 0                 | 0                | 11                | 46               |
| S04 Incoming resources from charitable ac |                     |                   |                  |                   |                  |
| Sales                                     | 0                   | 0                 | 0                | 0                 | 0                |
| Fees received                             | 0                   | 0                 | 0                | 0                 | 0                |
| Contractual income                        | 0                   | 0                 | 0                | 0                 | 0                |
| Sales discounts given                     | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 0                   | 0                 | 0                | 0                 | 0                |
| S05 Other incoming resources              |                     |                   |                  |                   |                  |
| Loans received                            | 0                   | 0                 | 0                | 0                 | 0                |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 0                   | 0                 | 0                | 0                 | 0                |
| S07 Cost of generating voluntary income   |                     |                   |                  |                   |                  |
|                                           | -----               | -----             | -----            | -----             | -----            |
|                                           | 0                   | 0                 | 0                | 0                 | 0                |
| S08 Fundraising trading costs             |                     |                   |                  |                   |                  |

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|                                 | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|---------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Fundraising costs               | 216                 | 0                 | 0                | 216               | 144              |
| Goods for resale                | 0                   | 0                 | 0                | 0                 | 1375             |
| Cafe Costs                      | 0                   | 0                 | 0                | 0                 | 0                |
| Fees for services               | 0                   | 0                 | 0                | 0                 | 0                |
|                                 | -----               | -----             | -----            | -----             | -----            |
|                                 | 216                 | 0                 | 0                | 216               | 1519             |
| S09 Investment management costs |                     |                   |                  |                   |                  |
| Investment management fees      | 0                   | 0                 | 0                | 0                 | 0                |
|                                 | -----               | -----             | -----            | -----             | -----            |
|                                 | 0                   | 0                 | 0                | 0                 | 0                |
| S10 Charitable activities       |                     |                   |                  |                   |                  |
| Gifts/Grants to Individuals     | 14688               | 0                 | 0                | 14688             | 1909             |
| Gifts/Grants to Groups          | 0                   | 0                 | 0                | 0                 | 20               |
| Salaries & Wages                | 0                   | 0                 | 0                | 0                 | 0                |
| PAYE/Employer NI                | 0                   | 0                 | 0                | 0                 | 0                |
| Pension contributions           | 0                   | 0                 | 0                | 0                 | 0                |
| Staff training costs            | 0                   | 0                 | 0                | 0                 | 0                |
| Vehicle costs                   | 0                   | 0                 | 0                | 0                 | 0                |
| Travel expenses                 | 2                   | 0                 | 0                | 2                 | 54               |
| Subsistence costs               | 0                   | 0                 | 0                | 0                 | 17               |
| Volunteer expenses              | 1570                | 0                 | 0                | 1570              | 2890             |
| Volunteer involvement payments  | 0                   | 0                 | 0                | 0                 | 0                |
| SU&C Groups costs               | 0                   | 0                 | 0                | 0                 | 2337             |
| Memberships & Subscriptions     | 114                 | 0                 | 0                | 114               | 99               |
| Information Searches            | 24                  | 0                 | 0                | 24                | 12               |
| Web Filing                      | 13                  | 0                 | 0                | 13                | 13               |
| Removals                        | 0                   | 0                 | 0                | 0                 | 0                |
| Electric                        | 1757                | 0                 | 0                | 1757              | 441              |
| Gas                             | 1266                | 0                 | 0                | 1266              | 1538             |
| Water                           | 160                 | 0                 | 0                | 160               | 201              |
| Rent                            | 0                   | 0                 | 0                | 0                 | 0                |
| Rates - Council Tax             | 0                   | 0                 | 0                | 0                 | 1669             |
| Rates - NNDR                    | 0                   | 0                 | 0                | 0                 | 0                |
| Insurances                      | 195                 | 0                 | 0                | 195               | 1656             |
| Caretaking                      | 0                   | 0                 | 0                | 0                 | 0                |
| Building Repairs & Maintenance  | 162                 | 0                 | 0                | 162               | 806              |
| Housekeeping - Buildings        | 97                  | 0                 | 0                | 97                | 145              |
| Housekeeping - Grounds          | 29                  | 0                 | 0                | 29                | 48               |
| Waste Disposal                  | 735                 | 0                 | 0                | 735               | 736              |
| Phone - Land Line & Broadband   | 2068                | 0                 | 0                | 2068              | 1588             |
| Mobile Phones                   | 660                 | 0                 | 0                | 660               | 1094             |
| Postage                         | 2                   | 0                 | 0                | 2                 | 5                |
| Stationery                      | 89                  | 0                 | 0                | 89                | 71               |
| Printing/Photocopying purchase  | 0                   | 0                 | 0                | 0                 | 0                |
| Photos                          | 3                   | 0                 | 0                | 3                 | 0                |
| Printer Paper/Labels            | 165                 | 0                 | 0                | 165               | 155              |

## Furness Mental Health Trust

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|                                 | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|---------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Printer Consumables             | 106                 | 0                 | 0                | 106               | 172              |
| Newspapers                      | 0                   | 0                 | 0                | 0                 | 556              |
| Magazines & Catalogues          | 15                  | 0                 | 0                | 15                | 2260             |
| Website                         | 420                 | 0                 | 0                | 420               | 374              |
| Publicity costs                 | 0                   | 0                 | 0                | 0                 | 34               |
| IT costs                        | 53                  | 0                 | 0                | 53                | 0                |
| Equipment purchases             | 8                   | 0                 | 0                | 8                 | 15               |
| Equipment Repairs & Maintenance | 26                  | 0                 | 0                | 26                | 36               |
| Software                        | 624                 | 0                 | 0                | 624               | 975              |
| Sundries                        | 134                 | 0                 | 0                | 134               | 16               |
| Purchase discounts taken        | -3973               | 0                 | 0                | -3973             | -4263            |
|                                 | -----               | -----             | -----            | -----             | -----            |
|                                 | 21212               | 0                 | 0                | 21212             | 17679            |

## S11 Governance costs

|                           |       |       |       |       |       |
|---------------------------|-------|-------|-------|-------|-------|
| Audit & accountancy costs | 0     | 0     | 0     | 0     | 0     |
| Trustees meeting expenses | 0     | 0     | 0     | 0     | 0     |
| Trustees M/s/hips & Subs  | 206   | 0     | 0     | 206   | 225   |
| Bank charges              | 0     | 0     | 0     | 0     | 0     |
| Interest paid             | 0     | 0     | 0     | 0     | 0     |
| Professional Fees         | 0     | 0     | 0     | 0     | 0     |
| Other Fees                | 0     | 0     | 0     | 0     | 0     |
| Legal Fees                | 0     | 0     | 0     | 0     | 0     |
|                           | ----- | ----- | ----- | ----- | ----- |
|                           | 206   | 0     | 0     | 206   | 225   |

## S12 Other resources expended

|                               |       |       |       |       |       |
|-------------------------------|-------|-------|-------|-------|-------|
| Loan repayment                | 0     | 0     | 0     | 0     | 0     |
| Loan interest                 | 4000  | 0     | 0     | 4000  | 4000  |
| Depreciation buildings        | 0     | 0     | 0     | 0     | 0     |
| Depreciation office equipment | 0     | 0     | 0     | 0     | 0     |
| Depreciation vehicles         | 0     | 0     | 0     | 0     | 0     |
|                               | ----- | ----- | ----- | ----- | ----- |
|                               | 4000  | 0     | 0     | 4000  | 4000  |

## S15 Gross transfers between funds

|                         |       |       |       |       |       |
|-------------------------|-------|-------|-------|-------|-------|
| Transfers between funds | 0     | 0     | 0     | 0     | 0     |
|                         | ----- | ----- | ----- | ----- | ----- |
|                         | 0     | 0     | 0     | 0     | 0     |

## S17 Gains and losses on revaluation

|                          |       |       |       |       |       |
|--------------------------|-------|-------|-------|-------|-------|
| Gain/loss on investments | 0     | 0     | 0     | 0     | 0     |
|                          | ----- | ----- | ----- | ----- | ----- |
|                          | 0     | 0     | 0     | 0     | 0     |

## S18 Gains and losses on investment assets

Furness Mental Health Trust

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|                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|--------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Gain/loss on asset revaluation | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |

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|                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|--------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| B01 Tangible assets            |                     |                   |                  |                   |                  |
| Buildings                      | 275000              | 0                 | 0                | 275000            | 275000           |
| Depreciation buildings         | 0                   | 0                 | 0                | 0                 | 0                |
| Fixed Equipment                | 599                 | 0                 | 0                | 599               | 519              |
| Depreciation Fixed Equipment   | 0                   | 0                 | 0                | 0                 | 0                |
| Office equipment               | 865                 | 0                 | 0                | 865               | 865              |
| Depreciation office equipment  | 0                   | 0                 | 0                | 0                 | 0                |
| Storage Equipment              | 5555                | 0                 | 0                | 5555              | 5261             |
| Depreciation Storage Equipment | 0                   | 0                 | 0                | 0                 | 0                |
| ICT Equipment                  | 4301                | 0                 | 0                | 4301              | 3721             |
| Depreciation ICT Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
| Audio Visual Equipment         | 4144                | 0                 | 0                | 4144              | 3847             |
| Dep Audio Visual Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
| Security Equipment             | 2287                | 0                 | 0                | 2287              | 2188             |
| Dep Security Equipment         | 0                   | 0                 | 0                | 0                 | 0                |
| CD, DVD, Cassette & Vinyl      | 468                 | 0                 | 0                | 468               | 433              |
| Dep CD, DVD, Cassette & Vinyl  | 0                   | 0                 | 0                | 0                 | 0                |
| Vehicles                       | 0                   | 0                 | 0                | 0                 | 0                |
| Depreciation vehicles          | 0                   | 0                 | 0                | 0                 | 0                |
| Books & Manuals                | 741                 | 0                 | 0                | 741               | 563              |
| Depreciation Books & Manuals   | 0                   | 0                 | 0                | 0                 | 0                |
| General Equipment              | 7155                | 0                 | 0                | 7155              | 6624             |
| Depreciation General Equipment | 0                   | 0                 | 0                | 0                 | 0                |
| Workshop Tools                 | 6639                | 0                 | 0                | 6639              | 6358             |
| Depreciation Workshop Tools    | 0                   | 0                 | 0                | 0                 | 0                |
| Kitchen & Cafe Equipment       | 1677                | 0                 | 0                | 1677              | 674              |
| Dep Kitchen & Cafe Equipment   | 0                   | 0                 | 0                | 0                 | 0                |
| Gym Equipment                  | 1385                | 0                 | 0                | 1385              | 1340             |
| Depreciation Gym Equipment     | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 310816              | 0                 | 0                | 310816            | 307393           |
| B02                            |                     |                   |                  |                   |                  |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B03 Investments                |                     |                   |                  |                   |                  |
| Investments                    | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B05 Stock and work in progress |                     |                   |                  |                   |                  |
| Stock in hand                  | 0                   | 0                 | 0                | 0                 | 0                |
|                                | -----               | -----             | -----            | -----             | -----            |
|                                | 0                   | 0                 | 0                | 0                 | 0                |
| B06 Debtors                    |                     |                   |                  |                   |                  |

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March 2021

|                                                | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|------------------------------------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Prepayments                                    | 0                   | 0                 | 0                | 0                 | 0                |
| Recoverable Gift Aid                           | 0                   | 0                 | 0                | 0                 | 0                |
| Debtors control a/c                            | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B07 (Short term) investments               |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B08 Cash at bank and in hand               |                     |                   |                  |                   |                  |
| Bank current account                           | 13832               | 0                 | 0                | 13832             | 288              |
| Deposit account                                | 21658               | 0                 | 0                | 21658             | 22647            |
| Petty cash                                     | 264                 | 0                 | 0                | 264               | 2392             |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 35754               | 0                 | 0                | 35754             | 25327            |
| <br>B10 Creditors (due within one year)        |                     |                   |                  |                   |                  |
| Creditors                                      | 0                   | 0                 | 0                | 0                 | 0                |
| Accrued expenses                               | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B13 Creditors (due after one year)         |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B14 Provisions for liabilities and charges |                     |                   |                  |                   |                  |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B16 General fund                           |                     |                   |                  |                   |                  |
| Retained surplus                               | 346570              | 0                 | 0                | 346570            | 332719           |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 346570              | 0                 | 0                | 346570            | 332719           |
| <br>B17 Unrestricted funds                     |                     |                   |                  |                   |                  |
| Retained surplus                               | 0                   | 0                 | 0                | 0                 | 0                |
|                                                | -----               | -----             | -----            | -----             | -----            |
|                                                | 0                   | 0                 | 0                | 0                 | 0                |
| <br>B18 Restricted income funds                |                     |                   |                  |                   |                  |

Furness Mental Health Trust

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|                     | <u>Unrestricted</u> | <u>Restricted</u> | <u>Endowment</u> | <u>Year Total</u> | <u>Last Year</u> |
|---------------------|---------------------|-------------------|------------------|-------------------|------------------|
| Retained surplus    | 0                   | 0                 | 0                | 0                 | 0                |
|                     | -----               | -----             | -----            | -----             | -----            |
|                     | 0                   | 0                 | 0                | 0                 | 0                |
| B19 Endowment funds |                     |                   |                  |                   |                  |
| Retained surplus    | 0                   | 0                 | 0                | 0                 | 0                |
|                     | -----               | -----             | -----            | -----             | -----            |
|                     | 0                   | 0                 | 0                | 0                 | 0                |



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Furness Mental Health Trust  
St Pats Presbytery / Vickers House, 914 Michaelson Road,  
Barrow Island, Barrow in Furness, Cumbria, LA14 2RJ

**On accounts for the year  
ended**

31 March 2021

**Charity no  
(if any)**

1152986

**Set out on pages**

1-9

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

*R Stables*

**Date:**

28/04/2023

**Name:**

R Stables

**Relevant professional  
qualification(s) or body  
(if any):**

**Address:**

11 Pryors Walk

Askam in Furness

LA16 7JG

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**